



Instructions: Use the following tables to keep track daily and weekly point accumulations. Remember that you can only count the Weekly Bonus once each week for a possible 10 points. However, you can earn more points by completing the other challenges multiple times per day. In the **example table**, Suzie walked for an hour on Sunday, drank 4 8-ounce glasses of water, ate 5 servings of fruits and vegetables, and went to the Farmer’s Market (that week’s bonus activity). See how she filled in her table. She would do this for each day of the week and then tally her weekly total. At the end of 8 weeks, tally the weekly totals for your SummerFit total!

	Sunday
30 minutes of Physical Activity (7 points)	14
Drink 8 ounces of water (1 point)	4
1 fruit or vegetable serving (2 points)	10
1 day without tobacco (2 points)	NA - Nonsmoker
Weekly Bonus (10 points)	10
DAILY TOTAL:	38
WEEKLY TOTAL:	

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minutes of Physical Activity (7 points)							
Drink 8 ounces of water (1 point)							
1 fruit or vegetable serving (2 points)							
1 day without tobacco (2 points)							
Weekly Bonus (10 points)							
DAILY TOTAL:							
WEEKLY TOTAL :							



Week 2

Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minutes of Physical Activity (7 points)							
Drink 8 ounces of water (1 point)							
1 fruit or vegetable serving (2 points)							
1 day without tobacco (2 points)							
Weekly Bonus (10 points)							
DAILY TOTAL:							
WEEKLY TOTAL :							



Week 4

Week 5

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minutes of Physical Activity (7 points)							
Drink 8 ounces of water (1 point)							
1 fruit or vegetable serving (2 points)							
1 day without tobacco (2 points)							
Weekly Bonus (10 points)							
DAILY TOTAL:							
WEEKLY TOTAL:							



Week 6

Week 7

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minutes of Physical Activity (7 points)							
Drink 8 ounces of water (1 point)							
1 fruit or vegetable serving (2 points)							
1 day without tobacco (2 points)							
Weekly Bonus (10 points)							
DAILY TOTAL:							
WEEKLY TOTAL:							



TRACKING SHEET

Week 8

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minutes of Physical Activity (7 points)							
Drink 8 ounces of water (1 point)							
1 fruit or vegetable serving (2 points)							
1 day without tobacco (2 points)							
Weekly Bonus (10 points)							
DAILY TOTAL:							
WEEKLY TOTAL:							

Total Number of Points for INShape's SummerFit:

Week 1: _____
 Week 2: _____
 Week 3: _____
 Week 4: _____
 Week 5: _____
 Week 6: _____
 Week 7: _____
 Week 8: _____
TOTAL: _____

Congratulations!

